



Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

SPRING 2010

Registration begins **MARCH 8**
for Poway Residents & Nonresidents

Patriotic Music Festival

Concert bands from near and far will offer a weekend of music at Old Poway Park. The Community Band Festival, hosted by Old Poway Park Action Committee member, Pomerado Community Band, honors the Armed Forces and their families. Military bands finish each day's lineup. Arts and crafts market, refreshments, and train rides will be available for a nominal fee. Information: (858) 668-4576.



Saturday, May 1, 10:00am-7:30pm
Sunday, May 2, 12:00-7:30pm
FREE for All Ages

"Birds, Bees, and Butterflies" Flower Show



Old Poway Park Action Committee member, Poway Valley Garden Club, will host the 32nd Annual Standard Flower Show at Old Poway Park. All ages are welcome to enjoy a fun-filled day of gardening ideas, plant sales, and more. You can participate and win a prize for your flowers or designs. The registration deadline for flower arrangements is April 1. No registration is required for horticulture entries. Entries will be accepted at Old Poway Park Thursday, April 15, 5:00 to 8:00 p.m. and Friday, April 16, 7:30 to 9:00 a.m. Information: (858) 672-2593.



Saturday, April 17
from 9:00am-3:00pm
FREE for the whole Family!

Upcoming Summer Events

Great Outdoor Movie Night

The City of Poway is proud to present the Great Outdoor Movie Night, Saturday, August 28 at Poway Community Park. Bring a blanket or chairs and enjoy a family-friendly movie under the stars. Popcorn, candy, and other movie treats will be on sale throughout the evening. Arrive early to get the perfect seat; the movie will begin shortly after sunset. The movie selected will be announced in June and appropriate for all ages. Information: (858) 668-4671. FREE.



Lake Poway Day Camp

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12. Each week, campers have the opportunity to go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors. The camps, offered in eight, one-week sessions, give campers the chance to make new friends, learn valuable skills, and create life-long memories. Camp hours: 8:00 a.m. to 4:00 p.m. Extended care available from 4:00 p.m. to 5:30 p.m. Information: (858) 668-4679. Early registration begins online in late April at www.poway.org.

Summer Concert in the Park Series

Some of the best in entertainment and summer fun returns to Poway with the Summer Concert in the Park Series. Bring a blanket or chair, picnic dinner or snack, and have a great time with family and friends. The concerts begin on June 20 and occurs every Sunday, from 5:30 to 7:00 p.m., with the exception of the July 4 weekend. This program is proudly sponsored by the Centre for Health Care and co-sponsored by Marrokal Design and Remodeling. The entertainment schedule will be in the summer Poway Today and at www.poway.org. Information: (858) 668-4771.

Old-fashioned Fourth of July

Bring your family and friends and celebrate our country's independence "turn-of-the-20th-century-style." This FREE event features patriotic entertainment and displays, mock gunfights and train robbery reenactments, face painting, old-fashioned games, an authentic arts and crafts market, model railroad displays, and iron working demonstrations. Train rides, pictures with Uncle Sam, picnic lunch, sweet treats, and ice cream will all be available at reasonable prices. Held at Old Poway Park, 14134 Midland Road, July 4, from 10:00 a.m. to 4:00 p.m. Information: (858) 668-4576.

Sam Hinton Folk Festival

Old Poway Park Action Committee member, San Diego Folk Heritage, hosts the Annual Sam Hinton Folk Festival at Old Poway Park, 14134 Midland Road, Saturday, June 5, from 10:30 a.m. to 5:00 p.m. This FREE event includes musical performances, storytelling, music workshops, a family country dance, and an open mike stage. A variety of music styles can be heard including Bluegrass, Olde Time, Irish music, and much more. Schedule of events and Information: (858) 566-4040.

Spring Registration
GIVEAWAYS!
Win fantastic **FREE** stuff when you register this spring! Details on page 4.

Featured Spring Class | Abrakadoodle Arts Education

The imaginative Abrakadoodle art education curriculum was developed by artists and educators, and exceeds the National Standards for Visual Arts Education. Each art class offers a unique educational experience and each child's art is as original as he or she is! In My First Art Class your child will:

- Learn about both master and modern artists and styles
- Demonstrate art techniques
- Develop new skills
- Explore creative art materials
- Design original artwork!



Don't let your child miss this wonderful opportunity to create a masterpiece! More on pg. 4

Spring Registration GIVEAWAYS!

Win FREE stuff when you register this spring! Any participant that registers between March 8 and March 14 will be entered into a drawing to win one of four fantastic prizes. These fantastic prizes include:

Explore Poway Prize Pack (2 packages available!)

Take a ride on the vintage 1907 Baldwin No. 3 Steam Locomotive, enjoy paddle boating at Lake Poway, spend a warm day at the Poway Community Swim Center, and so much more, when you and your family win the opportunity to explore Poway!

Overnight Mini-Backpack Adventure (family of 4)

Enjoy a fun-filled night underneath the stars! This astronomy-themed campout in April is geared towards families, including a guest speaker, and fun astronomical games. For more information, see page 8.

Overnight Mini-Backpack Adventure (2 adults)

Bring your dearest friend or the love of your life but either way, leave the kids at home! The May campout is for adults and features an after-dark scavenger hunt, and Dutch oven cooking demonstration. For more information, see page 8.

Regardless of your reason for registering, City of Poway classes provide an opportunity to create memories, live a healthy lifestyle, learn something new, and spend time with your family or friends! What class will you be a part of?

Class Icons:

These new visual guides shown next to each class section will help you quickly find an activity that's right for you



Heart Healthy



Safety



New Class



Music



Learning



Nature



Performing Arts



Arts & Crafts



Family Activity



Dance



Sports



Just for Fun



Skate Park

Children's Activities



Information: www.poway.org/classes



Discovery Time | Ages 3 1/2-5 1/2

This is a developmentally-enriched program, providing learning in a fun, positive, and success-oriented environment. Fine- and gross-motor skills, imaginary play, language development, music, and art are incorporated in the weekly format. Children need to bring snacks and be toilet trained. **Materials Fee: \$10.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. **No Class May 31.**

			RES/NON
4011.400	MWF 9:00am-12:00pm	Apr 12-Apr 30	\$150/\$160
4011.401	MWF 9:00am-12:00pm	May 3-Jun 4	\$250/\$260
4011.402	M-F 9:00am-12:00pm	Jun 7-Jun 11	\$70/\$80

Pre-K Hour | Ages 3 1/2-5 1/2
Socialization and readiness skills are emphasized in a success-oriented atmosphere during an hour of pure fun. Skill-based activities are taught to reinforce phonics, number and letter recognition, and numerical concepts and values. Children need to be toilet trained. **No Materials fee.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. **No Class May 31.**

			RES/NON
4011.410	MWF 12:00-1:00pm	Apr 12-Apr 30	\$38/\$48
4011.411	MWF 12:00-1:00pm	May 3-Jun 4	\$65/\$75



Kinder Soccer | Ages 3 1/2-5 1/2

An introduction to basic soccer skills taught in a fun and positive manner. **This is not a parent participation class.** The activities promote self-confidence and autonomy, while reinforcing social and listening skills. There will be a "parents' watch day" scheduled at the last class. Children need to be toilet trained. Classes held at Poway Community Park Auditorium. Instructor: Debi Supergan.

			RES/NON
4011.414	Tue 12:00-12:45pm	Apr 13-Apr 27	\$35/\$45
4011.415	Tue 12:00-12:45pm	May 4-Jun 1	\$65/\$75

My First Art Class | Ages 1 1/2-3

This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing, and creating while developing fine-motor, language, and self-help skills. This is a fun and creative "I can do it!" class. Classes held at Poway Community Park, Auditorium. Instructor: Abakadoodle.

			RES/NON
4011.422	Thu 10:00-10:45am	Apr 15-Apr 29	\$39/\$49
4011.423	Thu 10:00-10:45am	May 6-May 27	\$52/\$62



Creative Arts



Spring Break Art Start Art Camp | Ages 7-14

Enjoy a week packed full of art in the most creative Spring Break Art Camp ever. You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie-dye a T-shirt, and explore a variety of media in a fun, relaxed atmosphere. Snacks and art supplies provided. Bring a washed cotton T-shirt to first class. **Materials fee: \$40/half-day camp.** Classes held at Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

			RES/NON
6182.401	M-F 9:00am-12:00pm	Apr 5-Apr 9	\$105/\$115



Mad Science All Stars | Ages 5-10

Join the Mad Science All-Star team. Learn about famous scientists and inventors who were all-stars in their field of expertise. Follow in their footsteps as we equip you with the science skills needed to rise to the top. Together with your teammates, you will build super structures, create a volcanic eruption, and examine rocks formed from volcanic magma. Soar high above as you build a kite and glider, and experiment with lift, aerodynamics and air pressure. Discover the secret behind the stars and make a star chart. **Materials fee: \$30.** Class held at Community Park Auditorium. Instructor: Mad Science of San Diego.

			RES/NON
4011.426	M-F 9:00am-12:00pm	Apr 5-Apr 9	\$105/\$115

Dance | Children



Information: www.poway.org/classes

Due to preparations for our annual dance recital June 23 and 24 at the Poway Center for the Performing Arts, no new students will be accepted during the spring session for the following classes: **Tap & Ballet, Dance for Children, Dance Production Class, Ballet for Kids, and Jazz Dance for Kids.** Only continuing students may re-enroll. Students interested in attending these classes should watch for the summer class schedule.



Helpful Hint!

Summer is a great time for New Students to enroll in Poway's dance classes!

Teen Activities



Information: www.poway.org/teens

Teen Only Nights Move to Poway Community Park | Middle-High School

Teen Only Night has moved to Community Park! Bring your friends and come hang out in the Intergenerational Lounge, participate in dodge ball and basketball tournaments, play capture the flag, challenge one another to a game of pool, and more! No need to pre-register, this program is designed strictly as a drop-in activity supervised by City of Poway recreation staff. Teen Only Nights are held at Community Park, 13094 Civic Center Drive, next to the basketball courts. For more information, call the recreation office at (858) 668-4671 or visit the teen page at www.poway.org/teen.

Fridays 6:30-9:00pm **March 5 | April 2 | May 7** **FREE**

Teen Job Coaching Workshop | Middle-High School

Interested in learning how to complete a professional job application? Want to gain tips for making positive first impressions? Attend the Teen Job Coaching Workshop on Wednesday, March 17th in the Community Park Auditorium, 13094 Civic Center Drive. To register for this FREE workshop, call the recreation office at (858) 668-4671.

Wednesday 6:00-7:30pm **Mar 17** **FREE**



Sports | Youth



Information: www.poway.org/classes

Tae Kwon Do | Ages 6-17

In addition to learning important self-defense skills, your child will develop respect, self-discipline, self-control, concentration, and confidence. Students may participate in an examination at the end of the session to advance to a higher belt level. **A martial arts uniform is required and may be purchased from the instructor for \$25.** Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert. Information: www.powayoms.com. **No Class May 31.**

Ages 6-13			RES/NON
2091.409	MWF 6:00-7:00pm	Apr 5-Jun 11	\$70/\$80
Ages 14-17			
2091.410	MWF 7:00-8:00pm	Apr 5-Jun 11	\$70/\$80

Youth Basketball Training | Ages 8-14

This coed program spends half the class on the skills, techniques, and fundamentals (shot technique, passing, team and individual defense, rebounding, movement without the ball, footwork, etc.) necessary to improve your understanding of the game. The other half is spent playing a competitive game. The final class of the session will be a championship game. Classes held at Twin Peaks Gymnasium. Instructor: Coach Brooks Barnhard.

			RES/NON
2091.411	Wed 6:00-7:30pm	Apr 7-May 12	\$100/\$110



Youth Volleyball | Ages 9-14

Are you ready for Monday night volleyball? Boys and girls are invited to participate in this fun recreational activity. Fundamental volleyball skills will be taught and team tournament games will insure an exciting and educational volleyball experience. Classes held at Meadowbrook Gymnasium.

Ages 9-11			RES/NON
2091.412	Mon 5:30-6:30pm	Apr 12-May 31	\$25/\$35
Ages 12-14			
2091.413	Mon 6:45-7:45pm	Apr 12-May 31	\$25/\$35

Sports | Teens & Adults



Information: www.poway.org/classes

Open Play Sports | All Ages

The City of Poway operates two recreation centers that offer a variety of activities for youth and adults. Basketball, volleyball, and badminton are just a few of the activities available for your recreation needs. Twin Peaks Multipurpose Center is at 14640 Tierra Bonita Road and Meadowbrook Gymnasium is at 12320 Meadowbrook Lane. Call Twin Peaks at (858) 668-4599 and Meadowbrook at (858) 668-4598 for current open play schedules.



Coed Volleyball | Ages 18+

Players are assigned to a four-person team based on the instructor's assessment of skill level. Each evening consists of league play and instruction. NOTE: Prerequisite for advanced play is strong command of basic skills and experience in competitive play. League placement determined by instructor. **Materials fee \$2.** Classes held at Twin Peaks Gymnasium. Instructor: Dick Leatherman. **Last day of class will begin at 6:00pm.**

			RES/NON
Intermediate Men's			
1247.400	Thu 6:30-9:30pm	Apr 15-Jun 10	\$57/\$67
Intermediate Women's			
1247.401	Thu 6:30-9:30pm	Apr 15-Jun 10	\$57/\$67
Advanced Men's			
1247.402	Tue 6:30-9:30pm	Apr 13-Jun 8	\$57/\$67
Advanced Women's			
1247.403	Tue 6:30-9:30pm	Apr 13-Jun 8	\$57/\$67

Tae Kwon Do | Ages 18+

This class is designed to help you develop more strength, coordination, speed, endurance, and confidence. Students may participate in an examination at the end of the session to advance to a higher belt level. **A martial arts uniform is required and may be purchased from the instructor for \$25.** Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class May 31.**

			RES/NON
1247.404	MWF 7:00-8:00pm	Apr 5-Jun 11	\$70/\$80

Women's Self-Defense Workshop | Ages 16+

The workshop will include tips on preventing assaults and simple self-defense techniques that you can use to escape from an assailant. It is easier than you think to learn basic self-defense moves and simple steps that you can take to avoid dangerous encounters. The instructor is a sixth-degree black belt who has taught self-defense in Poway since 1987. Class held at Poway Community Park Bill Bond Hall II. Instructor: Master Joe Wolpert.

			RES/NON
1247.406	Thu 6:30-8:00pm	Apr 8	\$10/\$20



3-on-3 Basketball League | Ages 18+

Teams can have up to four persons on their roster and there is free substitution during games. The teams play half-court, best two out-of-three games to 21 points. Season ends with a tournament with winners receiving championship shirts. Captains must register team by completing a registration form. All players must sign roster before the team's first game. Games are played at Meadowbrook Gymnasium.

			RES/NON
1247.405	Wed 6:30-9:30pm	Mar 31-Jun 16	\$68/Team



Sportsplex USA

in the Heart of the Poway Business Park | All Ages

Sportsplex USA is San Diego's premier sports facility with three softball fields, two indoor soccer arenas, and batting cages. Located in the middle of the Poway Business Park off Community Road and Stowe; Sportsplex USA offers softball and indoor soccer leagues for players of all ages and skill levels. For more information, visit www.sportsplexusa.com or contact Chris Vertrees at (858) 679-4000 extension 346, or chris.vertrees@sportsplexusa.com.

Tennis



Tennis Classes:

All tennis classes held at Poway Community Park. If needed, racquets are available from the instructor. Instructor: Art Christophiades.



Tiny Tot | Ages 4-6

The Tiny Totters will have fun learning basic forehand and backhand groundstrokes, along with a forehand and backhand volley. The class is designed to improve hand/eye coordination. Additionally, groundstroke drills and court etiquette will be taught. **Materials fee: \$5.**

			RES/NON
3013.400	Sat 9:00-10:00am	Apr 10-May 8	\$40/\$50
3013.401	Sat 9:00-10:00am	May 15-Jun 12	\$40/\$50

Beginner | Ages 6-14

Beginning tennis skills are taught in this class. Forehand and backhand groundstrokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, footwork drills, singles and doubles strategy, scoring system, and court etiquette. **Materials fee: \$5.**

			RES/NON
3013.402	T/Th 4:00-5:00pm	Apr 6-May 6	\$70/\$80
3013.403	Sat 10:00-11:00am	Apr 10-May 8	\$45/\$55
3013.404	T/Th 4:00-5:00pm	May 11-Jun 10	\$70/\$80
3013.405	Sat 10:00-11:00am	May 15-Jun 12	\$45/\$55

Advanced Beginner/Intermediate | Ages 8-14

At this level, you will be incorporating advanced techniques, along with fine-tuning beginning strokes. Participants will refine topspin forehand and backhand groundstrokes, angle volleys and conventional volleys, topspin and slice serves, and a good overhead smash. The class will include a good first serve, slice, and topspin second serve. Group instruction will include singles and doubles play, scoring system, footwork drills, light competitive games and court etiquette. **Materials fee: \$5.**

			RES/NON
3013.406	T/Th 5:00-6:00pm	Apr 6-May 6	\$70/\$80
3013.407	Sat 11:00am-12:00pm	Apr 10-May 8	\$45/\$55
3013.408	T/Th 5:00-6:00pm	May 11-Jun 10	\$70/\$80
3013.409	Sat 11:00am-12:00pm	May 15-Jun 12	\$45/\$55

Advanced Juniors | Ages 8-17

At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand groundstroke drills, volley drills, serving drills, and overhead smash drills. The class includes singles and doubles play and strategy. The class is preparing students for tournament play and high school teams. Advanced class placement determined by instructor. **Materials fee: \$5. No class May 31.**

			RES/NON
3013.410	MW 4:00-6:00pm	Apr 5-May 5	\$90/\$100
3013.411	MW 4:00-6:00pm	May 10-Jun 9	\$90/\$100

Advanced Beginner/Intermediate Adult | Ages 18+

This class will encompass a variety of fundamentals of forehand and backhand groundstrokes, volleys, approach shots, and serves (flat, slice, topspin). Approach shots, return of serve, and a good overhead smash will be covered. Footwork drills, scoring system, court strategy, stroke production consistency, singles and doubles strategy, and court etiquette will be covered. Fun and enjoyment will be emphasized. **Materials fee: \$5.**

			RES/NON
3013.412	T/Th 6:00-7:00pm	May 11-Jun 10	\$50/\$60
3013.413	Sat 12:00-1:00pm	May 15-Jun 12	\$45/\$55



Health & Wellness



Information: www.poway.org/classes

Hatha Yoga | Ages 18+

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement (vinyasa) and precise instruction in the poses (asana). Proper yoga breathing in the warm-up stretches, asana practice, and relaxation is emphasized. Please bring a yoga mat, large towel, and blanket, and wear comfortable clothes to class. Classes held at Poway Community Park, Auditorium. Instructor: Jon Brock.

5417.401	Thu 6:30-8:00pm	Apr 8-Jun 10	RES/NON \$75/\$85
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Island Rhythms | Ages 16+

This fitness class is a fun core workout set to the rhythm of the islands guaranteed to bring a smile to your face. The drumbeats and music will take you to the islands afar as you burn calories while flattening your abs and strengthening your back, arms, and legs. Shoes are okay but to get the island feel and stay true to form, barefoot is better. Bring a sarong (aka lava-lava, pareo, or if you do not have one, they can be purchased the first day of class). Bring water and a workout towel. Class held at Poway Community Park Auditorium. Instructor: Emma Sarmiento.

5417.410	Tue 6:15-7:00pm	Apr 13-Apr 27	RES/NON \$27/\$37
5417.411	Tue 6:15-7:00pm	May 4-Jun 1	\$45/\$55

Pilates | Ages 16+

Develop a strong "core" where a strong back and a flatter abdomen come naturally with minimal effort. Wear comfortable clothes and soft-soled shoes that allow for flexibility. Bring sticky mat, towel, and water. With the use of a resistance band, the strength component is enhanced and exercises can simulate Pilates apparatus movement.

Materials fee: \$7. Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

5417.402	Tue 7:00-8:00pm	Apr 13-Apr 27	RES/NON \$27/\$37
5417.403	Tue 7:00-8:00pm	May 4-Jun 1	\$45/\$55

Zumba for Women | Ages 16+

It is Ladies Time Out! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. It is different...you probably never thought you would be exercising to this type of music. Wear comfortable clothing, shoes with support, and bring a workout towel. Classes held at Breathe Fitness for Women, 13864 Poway Road. Information: (858) 204-7461. Instructor: Emma Sarmiento.

5417.407	Thu 8:15-9:00am	Apr 15-May 13	RES/NON \$45/\$55
5417.408	Thu 7:15-8:00pm	Apr 15-May 13	\$45/\$55



Ladies' Boot Camp * | Ages 18+

This class is perfect for those new to exercise, or looking to vary their current fitness routine. You'll use dumbbells, resistance bands, medicine balls, and your own body weight to get your heart rate up and burn some calories! Whether you want to lose weight, release some stress or just smile and sweat, this class is for you! Please bring a pair of 5 lb dumbbells, and an optional pair of 8 lb dumbbells. Other equipment will be provided. Classes held at Poway Community Park, Auditorium. Information: (858) 922-2401. Instructor: Liz Halopoff. **No class May 18 or 20.**

5417.413	Tu/Thu 8:30-9:30am	Apr 13-May 27	RES/NON \$120/\$130
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Safety Training



Please Note:

If registering for both the First Aid class and a CPR class, the First Aid class start time changes to 7:00pm, with a one-time materials fee of \$25.

American Red Cross First Aid | Ages 11+

The American Red Cross class will prepare you to handle any situation with loved ones, friends, and co-workers. This course includes caring for burns, bleeding, broken bones, poisoning, bites and stings, and sudden illness. You will receive an American Red Cross certification valid for three years. **Materials fee: \$17.** Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

5418.400	Wed 6:00-9:00pm	May 19	RES/NON \$20/\$30
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CPR for the Adult/Child/Infant | Ages 11+

Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Includes learning emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an American Red Cross certification card valid for one year. **Materials fee: \$25.** Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

5418.401	Sat 8:30am-1:30pm	May 15	RES/NON \$30/\$40
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CPR for Adults | Ages 11+

Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Includes learning emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an American Red Cross certification card valid for one year. **Materials fee: \$17.** Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

5418.402	Tue 6:00-9:00pm	May 18	RES/NON \$20/\$30
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Special Needs



Bowling | Ages 16+

This bowling class provides unlimited fun for everyone. Awards and a party conclude our last meeting. If the participant needs one-to-one attention or has special needs, include a description of the situation. Depending on the circumstances, an aide may be required to accompany the student. **An \$8/per class fee collected at the bowling alley each week. Bowling shoes can be rented for \$4/class.** Classes held at Poway Fun Bowl. Instructor: Sarah D'Agostino.



9397.400	Fri 1:30-3:30pm	Apr 9-Jun 11	RES/NON \$40/\$50
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Exceptional Art * | Ages 13+

This fun class will not only teach students the basic techniques of drawing and painting, but more importantly, cultivate ways of creative and artistic thinking. Ultimately, the aim of the art classes is to provide students opportunities to find their potential and teach them to use art as an outlet to help them cope with their environment and challenges in the future. **Materials fee: \$25.** Classes will be held at Poway Community Park Auditorium. Instructor: Sarah D'Agostino

9397.401	Wed 4:00-6:00pm	Apr 7-Jun 9	RES/NON \$45/\$55
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Special Interest



Information: www.poway.org/classes



Babysitter's Training

Ages 11-18

Participants learn child development, positive behavior, and discipline techniques. Know how to handle basic childcare, basic first aid training, including breathing emergencies. Certification in Infant and Child CPR is optional. **Materials**

fee: \$23. Participants receive a book and an American Red Cross certification card. Bring a lunch and a large doll or stuffed animal to class. Class held at Poway Community Park, Activity Room I & II. Instructor: Blythe Paley.

Basic Class			RES/NON
7617.400	Sat 9:00am-12:30pm	Apr 17-Apr 24	\$45/\$55
CPR Certification (Must be registered in Babysitter's Training)			
7617.401	Sat 12:30-3:00pm	Apr 24	\$20/\$30

Dog/Puppy Obedience | Ages 18+

Puppy Kindergarten lays the groundwork for a well-behaved adult dog and provides an opportunity for appropriate socialization with other puppies. **Basic Obedience** teaches your dog to walk without pulling, come, sit, down, heel, and stay. **Intermediate** earns your dog an AKC Canine Good Citizen certification. **Advanced** teaches your dog to work off lead and continue to build an even stronger bond with you. No metal choke chains or pinch collars allowed. Do not feed four hours prior to class. **Proof of current vaccinations must be shown at first class.** Arrive 20 minutes before the first class. Classes held rain or shine. **Materials fee: \$20.** Tuesday classes: Old Poway Park. Wednesday classes: Poway Dog Park (Pen 2). Saturday classes: Garden Road Park. Puppy Kindergarten location: call (858) 748-7943. Instructor: Good Dog Training School.

Puppy Kindergarten – 8 to 12 weeks			RES/NON	RES/NON
9019.408	Sat 12:00-1:00pm	Apr 17-May 8	\$75/\$85	
9019.409	Sat 12:00-1:00pm	Jun 5-Jun 26	\$75/\$85	
Basic Obedience – 12 weeks to Adult				
9019.400	Tue 6:30-7:30pm	Apr 13-May 18	\$90/\$100	
9019.401	Sat 9:30-10:30am	Apr 17-May 22	\$90/\$100	
9019.402	Tue 6:30-7:30pm	Jun 1-Jul 6	\$90/\$100	
9019.403	Sat 9:30-10:30am	Jun 5-Jul 10	\$90/\$100	
Intermediate – 6 months to Adult				
(Prerequisite: Introductory course)				
9019.404	Sat 10:30-11:30am	Apr 17-May 22	\$90/\$100	
9019.405	Sat 10:30-11:30am	Jun 5-Jul 10	\$90/\$100	
Advanced – 12 months to Adult				
(Prerequisite: Introductory course)				
9019.406	Wed 6:30-7:30pm	Apr 14-May 19	\$90/\$100	
9019.407	Wed 6:30-7:30pm	Jun 2-Jul 7	\$90/\$100	

Outdoor Activities



Hiking for Fun & Fitness | Ages 8+

Enjoy easy to moderate hikes on Poway's excellent trails. Learn about flora, fauna, local history, and how to find the trails. Each hike is about 3 miles and 90 minutes. Lug-sole shoes are recommended. Bring water and a hiking stick, if you wish. Family price is for two or more. All children under 18 must be accompanied by an adult. First hike meets at Lake Poway concession. Instructor: Mike Fry, 748-5166, mnfry@cox.net

			RES/NON
3439.400	Wed 6:00-7:30pm	Apr 7-Jun 9	\$5/person \$10/family

Spring Break Archery Camp | Ages 7-14

An exciting first step into archery that teaches archery fundamentals. The class includes five shooting sessions in one week. This course is designed to allow new and experienced archers to develop a higher level of skills. A certified coach will teach the fundamentals and assist each archery student to become proficient in the sport. At the end of the week, a fun, mini tournament will be held, with ribbons to all participants. Equipment supplied. Students are not to bring their own equipment. **Material fee: \$15.** Classes are held at Lake Poway Archery Range. Instructor: Jim Velazquez. Parents and guardians are welcome to share in the learning experience and participate in this class.

			RES/NON
Youth 2443.413	Mon 9:00-11:00am	Apr 5	\$79/\$89
	Tue-Fri 9:00-10:15am	Apr 6-9	
Parent 2443.414	Mon 9:00-11:00am	Apr 5	\$79/\$89
	Tue-Fri 9:00-10:15am	Apr 6-9	

Family Campouts | All Ages

Bring the entire family out for a magical night under the stars for joint Blue Sky/Lake Poway Family Campouts. The campouts are perfect for the first-time camper with easy round the clock vehicle access and planned activities. Activities will include an interpretive presentation, campfire, pedal boating, and night hikes. Families need to bring their own camping equipment and barbecue supplies. Grills are available, but you are encouraged to bring your own. The City will provide smores around the campfire. Families may start setting up their campsites at 7 a.m. No alcohol is permitted. Up to five persons per family. **\$10 for each additional family member.** Information: (858) 668-4781.

			RES/NON
9039.400	Sat/Sun 5:00pm-9:00am	Jun 12-13	\$50/\$60
9039.401	Sat/Sun 5:00pm-9:00am	Jul 17-18	\$50/\$60
9039.402	Sat/Sun 5:00pm-9:00am	Aug 14-15	\$50/\$60



Outdoor Dutch Oven Cooking * | Ages 18+ (11+ w/ Adult)

Are you tired of hamburgers and hotdogs for your campout meals? Learn to cook delicious, impressive meals that will make the food the talk of the trip. Discover how to make bread, stews, breakfast, and desserts using charcoal and wood fires. Find out what oven to choose and how to care for it. This is a beginner's course. **\$10 for each additional family member (max. 2). Materials fee: \$10 per person.** Class held at Lake Poway Pavilion. Instructor: Jeff Beers.

			RES/NON
3439.401	Mon 6:30-8:30pm	Apr 12-May 10	\$25/\$35



Overnight Mini-Backpacking | All Ages

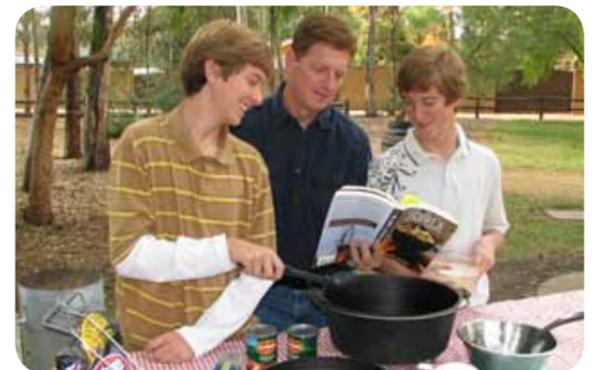
Are you interested in an overnight mini-backpacking wilderness experience, but don't want to carry heavy tents and stoves? Let us transport your tent and stove to the campsite, while you hike the 1 1/2 miles from the Blue Sky Ecological Reserve trailhead to the campout area. You will only need to hike in your sleeping bags, food, drinks, clothing, and toiletries. Please limit your tent size to 8' x 8'.

The astronomy-themed campout in April is geared towards families, including a guest speaker, and fun astronomical games. Space is limited to 15 families.

8169.401	Sat 3:00pm-9:00am	Apr 10-11	\$25/Family of 4
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The May campout is for adults and features an after-dark scavenger hunt, and Dutch oven cooking demonstration. Space is limited to 20 tents.

8169.402	Sat 5:00pm-9:00am	May 15-16	\$25/2 adults (21+)
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Poway Swim Center



Information: www.poway.org/swim

The Poway Community Swim Center

is located at 13094 Civic Center Drive, within the Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours, swimmers can enjoy the one- and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot depth wading pool is available in the spring, summer, and fall for children under 7 years. Shower and dressing areas are available. Water temperature: 81 to 84 degrees. Information regarding pool hours and fees: (858) 668-4680. Swimmers may be required to show proof of residency in order to be eligible for resident rates.



Costs:

Daily Admission	RES/NON
Adults (Ages 18+)	\$2.50/\$5.00
Youth (Ages <17)	\$2.00/\$4.00
Seniors (Ages 60+)	\$2.00/\$4.00

Season and Yearly Passes

Season and yearly passes can be purchased at the pool during business hours. Family passes include two adults (18 and over) and all immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from date of purchase.

Season Pass Rates	RES/NON
Adults (Ages 18+)	\$94/\$125
Youth (Ages <17)	\$73/\$105
Seniors (Ages 60+)	\$73/\$105
Family	\$157/\$256

Yearly Pass Rates	RES/NON
Adults (Ages 18+)	\$225/\$355
Youth (Ages <17)	\$183/\$261
Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643

Please Note: Pass holders must stop and have their cards scanned prior to entering the facility.

Hours:

Winter (Through Apr 4, 2010)	
Monday-Friday	11:00am-1:30pm / 3:00-7:00pm
Saturday/Sunday	CLOSED

Spring (Apr 5-June 13, 2010)	
Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

Long Course (offered through May 27, 2010)	
Tuesday/Thursday	8:00am-1:30pm

Pool Closed	
February 12 & 15	Swim Meet
March 13	Swim Meet
June 10	Youth Day

Lap Swimming Hours
During open recreational swim, lanes will be set aside for those interested in swimming laps. Some open recreational swim times will be shared with swim lessons and swim clubs. Portions of the pool may not be available for use by the public during these times.

Family Swim
Family swim is a time reserved for families to come to take advantage of the additional fun activities that can make a pool enjoyable. Families are encouraged to bring toys, rafts, fins, masks, snorkels, and inner tubes, but are not provided by the center.

		RES/NON
Sat/Sun	10:30am-1:00pm	\$8.00/\$11.00 per Family

Swim Lessons



Due to the Memorial Day holiday, classes scheduled for Monday, May 31 will be held Friday, June 4.

Spring Swim Lesson Assessment | All Ages

Thinking of enrolling yourself or members of your family in swim lessons? Make an appointment to have a swim lesson assessment with one of our instructors. This service is free of charge and highly recommended for determining the appropriate placement level for participants. Information/Availability: (858) 668-4680.

Parent/Child | Ages 6-24 months

This class, equivalent to the American Red Cross "Preschool" level, develops a comfort for the water and introduces basic water skills. This class does not teach children to be accomplished swimmers nor to survive in the water. Parents must accompany their children in the water.

			RES/NON
0020.400	MWF 9:30-10:00am	Apr 12-Apr 23	\$39/\$49
0020.401	MWF 9:30-10:00am	Apr 26-May 7	\$39/\$49

Pre-Grunion | Ages 2-3

An introduction to American Red Cross Level 1, this class is designed for children with limited or no swimming experience. Skills include submergence underwater, front and back floats, kicking on front and back, and beginning swim stroke. Parents must accompany their children in the water.

			RES/NON
0030.400	MWF 10:10-10:40am	Apr 12-Apr 23	\$39/\$49
0030.401	MWF 10:10-10:40am	Apr 26-May 7	\$39/\$49
0030.402	MWF 10:10-10:40am	May 10-May 21	\$39/\$49
0030.403	TuTh 3:50-4:30pm	May 11-Jun 3	\$52/\$62

Grunion 1 | Ages 3-5

An introduction to American Red Cross Level 1, this class is designed for children with limited or no swimming experience. Skills include submergence underwater, front and back floats, kicking on front and back, and beginning swim stroke.

			RES/NON
0121.400	MW 3:00-3:40pm	Apr 12-May 5	\$52/\$62
0121.401	MW 3:50-4:30pm	Apr 12-May 5	\$52/\$62
0121.402	TuTh 3:00-3:40pm	Apr 13-May 6	\$52/\$62
0121.403	TuTh 3:50-4:30pm	Apr 13-May 6	\$52/\$62
0121.404	MWF 9:30-10:10am	May 10-May 21	\$39/\$49
0121.405	MW 3:00-3:40pm	May 10-Jun 4	\$52/\$62
0121.406	MW 3:50-4:30pm	May 10-Jun 4	\$52/\$62
0121.407	TuTh 3:00-3:40pm	May 11-Jun 3	\$52/\$62

Grunion 2 | Ages 3-6

A continuation of American Red Cross Level 1, this is an introductory class for children who successfully completed the Grunion 1 class or are very comfortable in the water. This course reinforces those skills learned in Grunion 1 with a greater emphasis on self-proficiency.

			RES/NON
0122.400	MW 3:00-3:40pm	Apr 12-May 5	\$52/\$62
0122.401	MW 3:50-4:30pm	Apr 12-May 5	\$52/\$62
0122.402	TuTh 3:00-3:40pm	Apr 13-May 6	\$52/\$62
0122.403	TuTh 3:50-4:30pm	Apr 13-May 6	\$52/\$62
0122.404	MW 3:00-3:40pm	May 10-Jun 4	\$52/\$62
0122.405	MW 3:50-4:30pm	May 10-Jun 4	\$52/\$62
0122.406	TuTh 3:00-3:40pm	May 11-Jun 3	\$52/\$62
0122.407	TuTh 3:50-4:30pm	May 11-Jun 3	\$52/\$62



Grunion 3 | Ages 3-6

An introduction to American Red Cross Level 2, this class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water.

			RES/NON
0123.400	MW 3:00-3:40pm	Apr 12-May 5	\$52/\$62
0123.401	TuTh 3:00-3:40pm	Apr 13-May 6	\$52/\$62
0123.402	MW 3:00-3:40pm	May 10-Jun 4	\$52/\$62
0123.403	TuTh 3:00-3:40pm	May 11-Jun 3	\$52/\$62

Starfish | Ages 6-10

Corresponding to American Red Cross Level 1, the Starfish course is designed for older swimmers with limited or no swimming experience. Students will learn the fundamentals of submersion, floatation, and locomotion (including both front and back crawl) in the pool. Orientation to 4 feet of water is also introduced.

			RES/NON
0221.400	MW 3:50-4:30pm	Apr 12-May 5	\$52/\$62
0221.401	TuTh 3:50-4:30pm	Apr 13-May 6	\$52/\$62
0221.402	MW 3:50-4:30pm	May 10-Jun 4	\$52/\$62
0221.403	MW 4:40-5:20pm	May 10-Jun 4	\$52/\$62
0221.404	TuTh 3:50-4:30pm	May 11-Jun 3	\$52/\$62
0221.405	TuTh 4:40-5:20pm	May 11-Jun 3	\$52/\$62

Seahorse | Ages 6-12

As an introduction to American Red Cross Level 2, this class is a continuation of the Starfish class and is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least 4 feet of water.

			RES/NON
0222.401	MW 3:50-4:30pm	Apr 12-May 5	\$52/\$62
0222.402	MW 4:40-5:20pm	Apr 12-May 5	\$52/\$62
0222.403	TuTh 3:50-4:30pm	Apr 13-May 6	\$52/\$62
0222.404	TuTh 4:40-5:20pm	Apr 13-May 6	\$52/\$62
0222.405	MW 3:50-4:30pm	May 10-Jun 4	\$52/\$62
0222.406	MW 4:40-5:20pm	May 10-Jun 4	\$52/\$62
0222.407	TuTh 4:40-5:20pm	May 11-Jun 3	\$52/\$62

Otter | Ages 6-16

A completion of those skills introduced in American Red Cross Level 2, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Orientation to water deeper than 5 feet, diving boards, and treading water is included. Completion of this class signifies the ability to pass the "Open Swim" test.

			RES/NON
0223.400	MW 4:40-5:20pm	Apr 12-May 5	\$52/\$62
0223.401	TuTh 4:40-5:20pm	Apr 13-May 6	\$52/\$62
0223.402	MW 4:40-5:20pm	May 10-Jun 4	\$52/\$62
0223.403	MW 5:30-6:10pm	May 10-Jun 4	\$52/\$62
0223.404	TuTh 3:50-4:30pm	May 11-Jun 3	\$52/\$62
0223.405	TuTh 5:30-6:10pm	May 11-Jun 3	\$52/\$62

Seal | Ages 6-16

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11-12 feet of water. The ability to swim 15 yards of front crawl, back crawl, and elementary backstroke is a prerequisite of this class. Skills introduced are butterfly and breaststroke kick, front crawl, side breathing, and diving.

			RES/NON
0321.400	MW 4:40-5:20pm	Apr 12-May 5	\$52/\$62
0321.401	MW 5:30-6:10pm	Apr 12-May 5	\$52/\$62
0321.402	TuTh 4:40-5:20pm	Apr 13-May 6	\$52/\$62
0321.403	TuTh 5:30-6:10pm	Apr 13-May 6	\$52/\$62
0321.404	MW 4:40-5:20pm	May 10-Jun 4	\$52/\$62
0321.405	MW 5:30-6:10pm	May 10-Jun 4	\$52/\$62
0321.406	TuTh 4:40-5:20pm	May 11-Jun 3	\$52/\$62
0321.407	TuTh 5:30-6:10pm	May 11-Jun 3	\$52/\$62

Sting Ray | Ages 6-16

This class, comparable to American Red Cross Level 4, further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, front crawl, alternate breathing, and diving from the diving boards are introduced.

			RES/NON
0322.400	MW 4:40-5:20pm	Apr 12-May 5	\$52/\$62
0322.401	MW 5:30-6:10pm	Apr 12-May 5	\$52/\$62
0322.402	TuTh 4:40-5:20pm	Apr 13-May 6	\$52/\$62
0322.403	TuTh 5:30-6:10pm	Apr 13-May 6	\$52/\$62
0322.404	MW 5:30-6:10pm	May 10-Jun 4	\$52/\$62
0322.405	TuTh 4:40-5:20pm	May 11-Jun 3	\$52/\$62
0322.406	TuTh 5:30-6:10pm	May 11-Jun 3	\$52/\$62
0322.407	TuTh 6:20-7:00pm	May 11-Jun 3	\$52/\$62

Information: www.poway.org/swim

Dolphin | Ages 6-16

The Dolphin class, or American Red Cross Level 5, focuses on stroke refinement and increased swimming distance. Knowledge of the front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include butterfly and flip turns.

			RES/NON
0323.400	MW 5:30-6:10pm	Apr 12-May 5	\$52/\$62
0323.401	MW 6:20-7:00pm	Apr 12-May 5	\$52/\$62
0323.402	TuTh 5:30-6:10pm	Apr 13-May 6	\$52/\$62
0323.403	TuTh 6:20-7:00pm	Apr 13-May 6	\$52/\$62
0323.404	MW 6:20-7:00pm	May 10-Jun 4	\$52/\$62
0323.405	TuTh 5:30-6:10pm	May 11-Jun 3	\$52/\$62

Swordfish | Ages 6-16

This class focuses on American Red Cross Level 6 core requirements. Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes.

			RES/NON
0324.400	MW 5:30-6:10pm	Apr 12-May 5	\$52/\$62
0324.401	MW 6:20-7:00pm	Apr 12-May 5	\$52/\$62
0324.402	TuTh 5:30-6:10pm	Apr 13-May 6	\$52/\$62
0324.403	TuTh 6:20-7:00pm	Apr 13-May 6	\$52/\$62
0324.404	MW 5:30-6:10pm	May 10-Jun 4	\$52/\$62
0324.405	MW 6:20-7:00pm	May 10-Jun 4	\$52/\$62
0324.406	TuTh 6:20-7:00pm	May 11-Jun 3	\$52/\$62

Adult/Teen | Ages 16+

Adults are taught at their own pace. Skills are developed around each individual's needs. Skills range from beginner to swimmer level.

			RES/NON
0521.400	MW 6:20-7:00pm	Apr 12-May 5	\$52/\$62
0521.401	TuTh 6:20-7:00pm	Apr 13-May 6	\$52/\$62
0521.402	MW 6:20-7:00pm	May 10-Jun 4	\$52/\$62
0521.403	TuTh 6:20-7:00pm	May 11-Jun 3	\$52/\$62

Red Cross Lifeguard Training | Ages 15+

Course includes certification in CPR for the Professional Rescuer with AED, first aid training (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), and skills to become a professional lifeguard. There is a water skills test on the first day of class—failure to complete this test will result in dismissal from the course, and 100% attendance is required. Class fee does not include books. Students must purchase the Lifeguard Training book and a resuscitation mask through the American Red Cross prior to the start of class. Support fees are included in the course fee. Prerequisite: Must be 15 years of age by the first day of class.

		RES/NON \$100/\$110 for all classes
0700.400	TuTh 5:00-8:00pm	Mar 16-25 & 30 (if reqd)
	Sat 8:00am-5:00pm	Mar 20, 27 & Apr 3 (if reqd)
0700.401	MTThSa 9:00am-5:00pm	Apr 5, 6, 8 & 10
0700.402	TuTh 5:00-8:00pm	May 4-13 & 18 (if reqd)
	Sat 8:00am-5:00pm	May 8, 15 & 22 (if reqd)

Private Lessons | All Ages

These classes are available for any age or ability. Instruction is geared independently to the needs of each student. Participants must register for a minimum of four classes. Lessons are 30 minutes. Register for lessons in person at the Swim Center. Children under 3 years may be required to have adult assist in the water. Information and available times: (858) 668-4680.

RES/NON \$26/\$36

Water Exercise | All Ages

Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-feet of water. Advanced swimming skills are not required. Classes held Monday, Wednesday, Friday; 11:00 a.m. to 12:00 p.m. Daily admission fee is required. **Class is dependent upon instructor availability.**

Aquatic Safety

Staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. Information: (858) 668-4680.

Birthday Party Package:

Have staff book a pool party for your next Birthday. Included is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half-hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during open pool hours. Sign up for a Birthday party at the pool during open business hours. Information: (858) 668-4680.

RES/NON: \$52/\$62

MAKE A SPLASH ON YOUR B-DAY!

Poway Community Park



Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

Recreation Office	Mon-Sat 8am-9pm Sun Noon-9pm
Tennis Courts	Daily, 7am-10pm
Bocce Courts	Same hours as Rec Office
Dog Park/Ball Fields/Basketball Courts	Daily, 8am-10pm

Information: (858) 668-4671 or www.poway.org/communitypark

Poway Skate Park

www.poway.org/skatepark



Location: 13090 Civic Center Drive

Information: (858) 668-4671

The Skate Park is subject to closures due to rainy or inclement weather, maintenance, holidays, special events, and violations of skate park rules. State law requires that helmets, elbow pads, and knee pads be worn at all times while at the skate park. Skates, roller blades, and skateboards are the only items allowed in the skate park. A parent or legal guardian must supervise children under the age of 14.

Supervised Skate Park Program | Ages <14

Community Park staff will host supervised skate park sessions. Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered program participant. A parent or legal guardian must accompany youth signing up for skate park programs. Information: (858) 668-4671, or visit www.poway.org/skatepark.

Friday 6:00-8:00pm

FREE

Unsupervised Skate Park Hours | Ages 15+

Daily, 8:00am-8:00pm except Friday, 8:00am-5:30pm

Lake Poway

Information: www.poway.org/lakepoway



Location:
14644 Lake Poway Road

Park Hours:

November-May Daily, Sunrise to Sunset

Lake Fishing & Boating Hours:

November-May Wed-Sun, 6am to Sunset

Information:

(858) 668-4470	
Area Reservations	(858) 668-4595
Concession	(858) 486-1234

Recreate, Relax, and Experience the Great Outdoors

The Lake Poway Recreation Area is the place for outdoor experiences. We offer for rent a renovated, 900-square-foot pavilion with a kitchen and electricity for your next gathering, beautiful park areas, and gazebos for low fees, and activities for everyone. The 3.2-mile trail for mountain biking, hiking, and horseback riding offers beautiful views. If you are interested in sports, try volleyball, softball, archery, or horseshoes. We have two playgrounds for the little ones. Enjoy a fantastic day recreating, relaxing, or just enjoying nature in the City. Information: (858) 668-4595.



No State Fishing License Required

Lake Poway is a great place for families to share the experience of catching fish. In an effort to continue providing these opportunities for families at a reasonable price, the State has approved the City to no longer require a State fishing license to fish at Lake Poway. Fishing permits are required: Adults, \$6; 8 to 15, \$3; 7 and under are free with a paid adult. For up-to-date fishing conditions and tips, visit our web site at www.poway.org/lakepoway.

Old Poway Park

Information: www.poway.org/oldpowaypark



Location:
14134 Midland Road

Information:

(858) 668-4576

Farmers Market

Flowers! Fresh Food! Fun! It is spring, so leap outdoors and enjoy Poway's Certified Farmers Market every Saturday from 8:00 a.m. to 11:30 a.m. at Old Poway Park. Choose from garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, figs, and more. All produce is certified and inspected by the agricultural commission and brought to you directly, fresh from the grower. The spring market offers beautiful, newly-picked flower bouquets to brighten your home, homemade tamales, kettle corn, and salsas. If you are looking for some of the finest produce, unique foods, and a great "city in the country" atmosphere, then the Farmers Market is the place to be. Information: (858) 668-4576.

Historical Tours

We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are accepted for Tuesday through Thursday for just \$4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth and eighth grades. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad. Tours are great for schools, ESS, and adult daycares. Information: www.poway.org/oldpowaypark or (858) 668-4576.

Kumeyaay-Ipai Interpretive Center

Information: www.poway.org/kiic



Location:
13104 Ipai Waaypuk Trail (formerly, Silver Lake Rd)

Information:
(858) 668-1292

The Kumeyaay-Ipai Interpretive Center is a 5-acre archaeological reserve located off the Ipai Waaypuk Trail (formerly, Silver Lake Road). Free docent-led tours of this unique 1,000-year-old American Indian village are available on Saturday mornings from 9:00 a.m. to 11:30 a.m. Visitors can request a tour to emphasize botany, history, or culture. Comfortable shoes are recommended and pets are not permitted at the site. School tours are available for third grade students on Wednesday, Thursday, and Friday mornings throughout the school year. Reservation forms can be found on the City of Poway's website at www.poway.org/kiic.

The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. Information and docent volunteer opportunities: (858) 668-1292.

Become a KIIC Docent

Become a Friend of the Kumeyaay by learning about Native American culture and attending a few workshops. Training is self-paced and lasts approximately 25 hours. It includes three mandatory classes: meeting with an elder; a plant or geology tour on the site; and orientation to volunteerism in the City of Poway. Volunteers receive CPR and First Aid certification. For more information, stop by the Interpretive Center Saturdays, from 9:00 a.m. to 11:30 a.m., to receive your training packet and talk with one of our fun, dedicated docents about what they do.



Blue Sky Ecological Reserve



Information: www.poway.org/bluesky



photo: Brad Petersen

Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

Blue Sky is a 700-acre ecological reserve in Poway on Espola Road, less than one mile north of Lake Poway Road. Trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and County of San Diego Department of Parks and Recreation manage the Reserve, with support from the nonprofit Friends of Blue Sky Canyon.

School Tours

The outdoor nature program at Blue Sky Ecological Reserve emphasizes observational skills, resource protection, and identification of our plants and animals. Tours are led by fully-trained naturalists. Tours are available Wednesday and Friday mornings, for up to 30 students per visit. Reservations: (858) 668-4781. Please provide at least four weeks advance notice. Information: www.poway.org/bluesky. **Fee: \$4 per student.**

Discovery Tables

Discovery Tables are set up in the Reserve on the third Sunday of each month. Skins, skulls, mammal tracks, and other artifacts are among the many things you can see and touch. Staff and docents are available between 8:30 a.m. and 11:00 a.m. to answer questions about the plants and animals found in Blue Sky.

Docent-led Nature Walks

Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Bring your questions, and your cameras. There is always something to look at, or listen to. With docents, Paula Shults and Carol Simpson, marvel at natural wildflower displays, spot wildlife, or learn about the cultural history of our area.

Wednesday 10:00am until Mar 31 FREE

The Kumeyaay – from Past to Present

Discover with John Kordela how Native Americans traditionally used local plants as a food source, for their medicinal needs, and for shelter.

Saturday 9:00am Feb 21 FREE

Kids Scavenger Hunt

Take part in a fun adventure in Blue Sky with Dave Meier. Search for some hidden treasures!

Saturday 9:00am Feb 27 FREE

Medicinal and Edible Plants

Enjoy a hike with Kathy Reading as she shares her knowledge about many plants that have fed, and healed humans for thousands of years, and are still used today.

Saturday 9:00am Mar 6 FREE

Nature by Night

Experiencing nature after dark can be fun and exciting. Sounds and smells are different from those in daytime, and different animals are awake. Join Mary Glass and Dave Meier at dusk for a night-time adventure. Do not forget to bring a flashlight.

Saturday 5:30pm Mar 13 FREE

Take Only Photographs, Leave Only Footprints

Bring your camera to capture the beauty of the landscape, wildflowers and wildlife on this nature photography hike led by Bob Kiang and Anna Gateley-Stanton.

Sunday 8:30am Mar 21 FREE

Where the Wild Things Are

Spring is the best time of year to hit the trail to witness nature's most colorful beauty. Enjoy Blue Sky's early wildflower blooms with Sally White.

Saturday 9:00am Mar 27 FREE

Join Our Invasive Control Team

Do you have a couple of hours on the second Saturday morning of each month to join us in this worthwhile cause? Keeping Blue Sky beautiful and free of nonnative plants is achieved through the dedication and effort of volunteers. Spring is the season of prolific weed growth and help is needed the most between March and June. If you would like to join us, please email aransom@poway.org, or call (858) 668-4781

Sycamore Canyon Goodan Ranch



Location:

**16281 Sycamore Canyon Road
Poway, California 92064**

Information:

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit www.sdparks.org

Over ten miles of trails and service roads open to hiking, mountain biking, and equestrian use. Preserve visitors are welcome to visit our new visitor center. Live animals and exhibits on Goodan History, Cedar Fire, Kumeyaay, and the MSCP are on display.

Events, hikes, and programs start at various Preserve locations. Some require a one-mile walk from Goodan Ranch staging to the visitor center. Please check descriptions closely. No vehicular traffic is permitted in the Preserve. Transportation for those with disabilities can be arranged, by calling the ranger at (858) 513-4737.

The Goodan staging area is accessed from Poway Road east on Garden Road, then south on Sycamore Canyon Road, which ends at the staging area. Highway 67 staging area accessed through SOUTHBOUND HIGHWAY 67 ONLY, half-mile south of Scripps Poway Parkway. All events are free. Information / Reservations: (858) 513-4737 or email Justin.Gibbons@sdcounty.ca.gov.



Scavenger Hunt

Do you love the outdoors? Are you good at following clues and solving puzzles? Well, here is your chance to experience them all together. Join park staff for a self-guided, fun scavenger hunt designed specifically for children. Kids will have a chance to follow clues and find various points in search of the final treasure. The hunt will illustrate several interesting points near the visitor's center and all participants will receive a small token for finishing. **Ages 6-12.** Parent participation is encouraged so bring out the whole family for a fun day at the park. **Space is limited to 50, so please call (858) 513-4737 for reservations. Program will begin at the Goodan Staging area. Rain or muddy conditions cancel.**

Saturday, March 13 9:30-11:30am

Hike A Story

Nearly every child has been to story time at some point or another, but here is your chance to experience one in the outdoors. County Parks and County Libraries are coming together to provide a program for children, ages 2 to 5, where they can hear stories related to nature and animals in a wonderful, natural environment. There will also be nature-related crafts that the children can work on after the story time. Program will be followed with a short walk through the preserve. **Space is limited to 30, so please call (858) 513-4737 for reservations. Guests will drive down into preserve from Goodan Staging area and park at visitor center. Rain or muddy conditions cancel.**

Saturday, March 27 9:30-11:00am

Edible Plants

Come learn all there is to know about our local edible plants from author and college professor, Lisa Chaddock. Several Native American tribes have survived in this very region in the past. See, touch, and taste what they used on a daily basis for nourishment and medicine. This program can help you learn what is safe and not safe to eat when hiking or camping in the local region. Learn what is safe to cook with and what sorts of meals those who use to live in this area cooked and prepared. Program will be followed with a walk through the preserve. **Space is limited to 30, so please call (858) 513-4737 for reservations. Guests will park at Goodan Staging area and must walk approximately 1 mile down to the visitor center. Rain or muddy conditions cancel.**

Saturday, April 24 9:00am-12:00pm

Wildlife Bingo

Bingo! Come join park staff for a chance to play a fun game while immersing yourselves within our local plant and animal life. This Bingo game, designed specifically for children, will give your small ones a chance to seek out several species of our local plants, as well as our furry, scaly, and feathered friends. Participants will be given a Bingo card containing pictures and it will be the child's task to locate and cross off each one in an attempt to get Bingo! Each child will receive a small token for playing along. Parent participation is encouraged, so bring out the whole family for a fun day at the park. **Space is limited to 50, so please call (858) 513-4737 for reservations. Guests will park at Goodan Staging area and must walk approximately 1 mile down to the visitor center. Rain or muddy conditions cancel.**

Saturday, April 24 9:00am-12:00pm

Star Party

Join SDAA volunteer astronomers and County Parks for a night with the stars. Come experience the chance to view Saturn, possibly Mars, as well as several open star clusters, globular star clusters, and even galaxies. These events are informative and fun for the whole family. We promise you will be wowed by this star experience! **Program will be held at Highway 67 Staging area accessed Highway 67 southbound only. Rain or clouds cancel.**



Friday, May 7 6:00-8:00pm

Geocaching Event

Never heard of Geocaching? Well, now is the time to learn. Geocaching is a sort of treasure hunt, where users use a handheld GPS device to find a hidden container, usually containing a log book and small trinkets. This phenomenon has grown to a world-wide level now available in every corner of the planet. This is your chance to experience this sport in the only County of San Diego park where it is allowed. Guests must bring their own portable GPS devices and be familiar with them. This is a self-guided tour. All new geocaches will be placed out for this event, celebrating the end of the rainy season. **Program will meet at Goodan staging area. Rain or muddy conditions cancel.**

Saturday, May 15 All Day

Poway Library



Information: www.sdcl.org

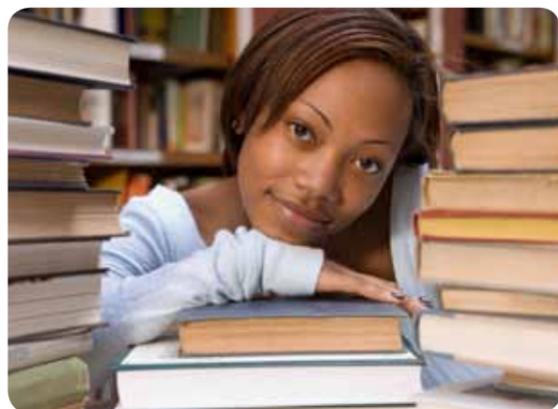


photo: T. Piranteau

Location:
13137 Poway Road, Poway, CA 92064

Hours:
Monday-Thursday: 10:00am-8:00pm
Friday & Saturday: 10:00am-5:00pm
Sunday: 1:00pm-5:00pm

Information:
(858) 513-2900
www.sdcl.org



Spring Program Schedule

- Toddler Storytime**
Mondays & Tuesdays at 10:30-10:50am
- PreSchool Storytime**
Wednesdays & Thursdays at 10:30-11:00am
- Baby Storytime**
Mondays at 1:30-1:50pm
- After-school Storytime**
Mondays at 3:30-4:00pm
- Video Game Day**
First Tuesday of the Month at 4:00pm
- Afternoon Film**
March 18, April 22, May 13, June 17 at 4:00pm
- Afternoon Craft**
March 9, April 13, May 18 with Poway Valley Garden Club at 4:00pm
June 22, Jun 29 Summer Reading Craft at 10:30am
- Spring into Books book club**
Last Thursday of the month
Grades 1 & 2 at 3:00-3:30pm/Grades 3, 4 & 5 at 4:00-5:00pm
- Summer Reading Program starts June 19**
Sparkles the Clown - Saturday June 19 at 10:30am
Wild Wonders - Thursday June 24 at 10:30am

SPRING TEEN PROGRAMS

March Events

- | | |
|---|---|
| Teen Social
March 4 at 4:00pm | Teen Book Club
March 18 at 4:00pm |
| Teen Game Day
March 9 at 4:00pm | Teen Knitting Club
March 23 at 4:00pm |
| Teen Craft
March 11 at 4:00pm | Teen Craft
March 25 at 4:00pm |
| Teen Movie
March 16 at 4:00pm | Teen Social
March 30 at 4:00pm |

April Events

- | | |
|---|---|
| Teen Game Day
April 13 at 4:00pm | Teen Knitting Club
April 27 at 4:00pm |
| Teen Book Club
April 15 at 4:00pm | Teen Craft
April 29 at 4:00pm |
| Teen Movie
April 20 at 4:00pm | |
| Teen Craft
April 22 at 4:00pm | |

May Events

- | | |
|--|---|
| Teen Social
May 6 at 4:00pm | Teen Book Club
May 20 at 4:00pm |
| Teen Game Day
May 11 at 4:00pm | Teen Knitting Club
May 25 at 4:00pm |
| Teen Craft
May 13 at 4:00pm | Teen Craft
May 27 at 4:00pm |
| Teen Movie
May 18 at 4:00pm | |

Poway Senior Center



Information: www.powayseniorcenter.org



Location:
Poway Community Park, Weingart Center Bldg.
13094 Civic Center Drive, Poway, CA 92064

Hours:
Senior Center: Mon-Fri 8:30am-4:00pm
Gift Shop: Mon-Fri 10:00am-2:00pm

Information:
(858) 748-6094
www.powayseniorcenter.org

Poway Senior Center is a 501 (c)(3) nonprofit operated by the Poway Valley Senior Citizen's Corporation. Our funding and financial support for programs comes through donations, fundraising, and grants, while the City of Poway generously allows us to use the property at Poway Community Park.

PSC members (50 and older) receive discounts at restaurants and businesses in the Poway area, as well as a 20% ticket discount at the Poway Center for the Performing Arts.



A "Senior Moment" never sounded so good!
At Poway Senior Center we focus on the positive aspects of growing older. You can improve your physical, social, mental, and financial health with our program of classes & services. We welcome Rancho Bernardo, Carmel Mountain Ranch, Rancho Peñasquitos, Sabre Springs, and Poway seniors. Enjoy the many programs and activities scheduled daily in our multi-generational community center.

Afternoon Dance
"Come cut a rug!" The last Friday of the month, 1:00-3:00pm. Next scheduled dates are: Feb 26, Mar 26, and April 30. Dance to the music of the Sandy De Vito Quartet. \$4.00 per person includes refreshments.

Special Events at Poway Senior Center
Day trips - leave the driving to us! Call Peggy at ext. 309 to answer your questions and make your reservation.

March 20	Saturday	Valley View Casino
April 24	Saturday	Carlsbad Flower Fields

\$60,000 a month in Winnings! Ready to Hit Bingo?!

Bring your friends. The best affordable entertainment in Poway! Open to all adults 18 and older. Come have fun with us!

Saturdays, 5:00pm
Tuesdays, 12:30pm



La Bella Bistro - Serving up a Delicious Lunch!

Call to see what's for lunch! Lunch is served 11:30 a.m. to 12:30 p.m. Monday through Friday. Suggested donation for seniors (60+), is \$4.00. Cost to anyone under 60 is \$6.00. Our delicious lunch program offers you a place to join your friends, or make new ones. We also offer door-to-door transportation to and from the Center for lunch for a suggested donation of \$2.00. Call us and find out if your zip code qualifies you for pick up.
(858) 748-6094



Events of Interest at PSC...

- Free Tax Services Feb 1 - April 15
- Wii sports every 3rd Wed, each month
- Scrabble - Friday afternoon
- Quilting, Needlecrafts

- Silver Age Yoga - Friday Mornings
- Feeling Fit aerobics - Mon and Thur Mornings
- Defensive Driving program
- Volunteer Opportunities

Poway Center for the Performing Arts



Information: www.powaycenter.com



POWAY CENTER *for the* PERFORMING ARTS

Location:

15498 Espola Rd, Poway, CA 92064

Hours:

Box Office: Wed-Fri 12:00pm-5:00pm
Sat 10:00am-3:00pm

Closed Sunday-Tuesday, and major holidays.

The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin.

Art Gallery & Facility:

Tue-Fri 9:00am-5:00pm
Sat 10:00am-3:00pm

Closed Sunday/Monday, and major holidays.

A new exhibit opens monthly, ensuring a wide variety of styles and media from local and regional artists.

Information:

Administration (858) 668-4693

Box Office (858) 748-0505

View a list of upcoming shows or purchase tickets online at:
www.powaycenter.com

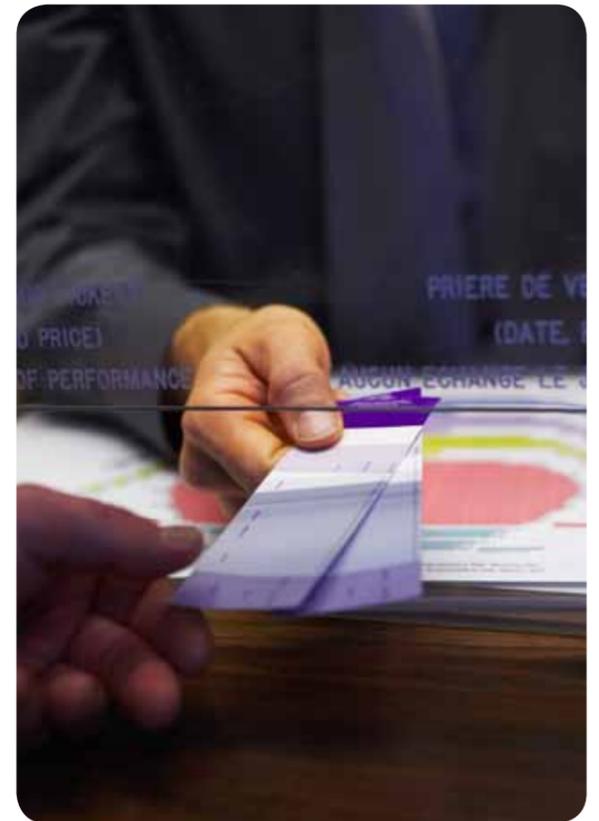
The Poway Center for the Performing Arts (PCPA)

hosts professional performances ranging from major plays and concerts to appearances by individual artists of national acclaim. The PCPA also encourages performing arts in the area by providing first-class performance space for Poway Unified School District students and community-based productions.

Consider the Poway Center for the Performing Arts for your upcoming event. This state-of-the-art, 809-seat theatre was designed for professional performances and community-based productions. Owned and operated by the City of Poway, the PCPA staff will do everything possible to ensure your event runs smoothly and successfully.

Volunteer Opportunities

Become a part of the theatre world without ever stepping on stage! Our team of volunteers assists the PCPA with shows, performing tasks such as taking tickets, assisting patrons to their seats, distributing programs, and providing high quality customer service. Earn free tickets to our productions throughout the year while mingling with theatergoers from all over San Diego County. Sign-ups occur throughout the year. Information: (858) 668-4694.



Poway Center for the Performing Arts Foundation Presents

2009/2010 PROFESSIONAL PERFORMANCE SEASON



MISSOULA CHILDREN'S THEATRE

KING ARTHUR'S QUEST

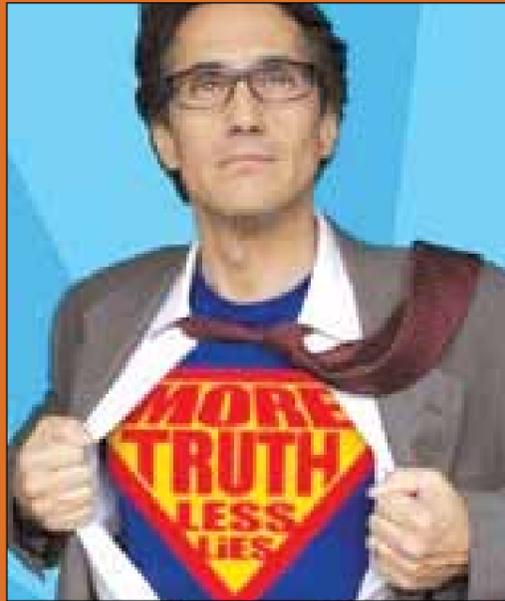
Auditions: 4 pm, Mon, March 1*

Performances: Saturday, March 6, 3 & 7 pm

Adults: \$17

Made possible by the San Diego Foundation's Betsy Dam Fund for Arts Education and the Theodore and Elizabeth Schmidt Foundation

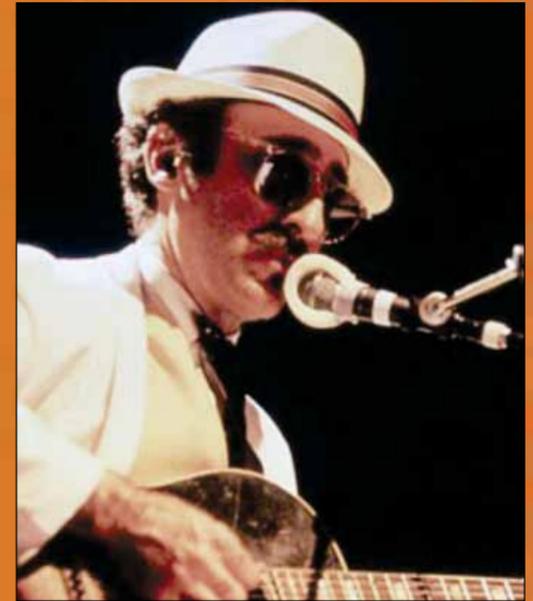
* Call 858.668.4798 for more information



ROBERT DUBAC IN THE MALE INTELLECT: THE 2ND COMING

Adults: \$39
Saturday, March 27
8 pm

Buy tickets online at www.powayarts.org



LEON REDBONE

Adults: \$42
Saturday, April 24
8 pm

Made possible by the Gutschow Family Foundation

Youth Tix to all shows **only \$5!**
(with purchase of an adult ticket)





Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

REGISTRATION

Registration begins **MARCH 8** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Mail-In

Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Cash will not be accepted. Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.
Mail to: P.O. Box 789, Poway, CA 92074-0789

2. Walk-In

Walk-in registration is available at the Community Services Department during business hours.

Location:
13325 Civic Center Drive

Hours:
Mon-Fri 8:00am-5:00pm

3. Online

Online registration is available by visiting the City of Poway web site below. A \$1.50 convenience fee will be charged for each registration or waitlist request. Payment must be made by credit card only (MasterCard or VISA).

Website:
www.poway.org/classes

REFUNDS will be provided for any class canceled or overbooked by the City of Poway. No refund will be issued after the start of the second class unless approved. Any refund will be prorated and a service charge of \$15 applied. Requests may be mailed or submitted in person to the Community Services Department. All refunds will come in the form of a check, and mailed within three to four weeks from the date of approval. Credit card accounts will be credited.

SWIM LESSON REGISTRATION
 Please note the age and skill level requirements for each class. If you are unsure which level to enroll in, skill assessments are available at the Swim Center by appointment. Students who are enrolled either above or below their

ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Mike Varga at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent

instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4595.

POWAY RESIDENTS are defined as those persons who live within the city limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

ENROLLMENT PRIORITY is determined on a first-come-first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway.

FINANCIAL ASSISTANCE – P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that your child might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? Come to the Community Services Department and fill out an application. Eligibility: 17 years old or younger, or developmentally disabled (any age), household income meets guidelines provided by the U.S. Department of Housing and Urban Development, and must be a Poway resident. The City of Poway also accepts donations to support this program. Information: (858) 668-4595. Applications are available at the Community Services Department.

Registration Form

City of Poway: P.O. Box 789, Poway, CA 92074-0789 | Community Services Dept: (858) 668-4595

Parent/Guardian Name (please print) _____

Home Phone _____

Address _____

Work Phone _____

City/State/Zip _____

E-mail _____

First & Last Name of Participant	Birthday (if under 18)	Age	Sex	Class Title	Class Registration #		
					First Choice	Alt. Choices	Fee

FORM OF PAYMENT:

- Cash | amount \$ _____
- Charge | MC/Visa # _____ Exp. _____
- Check | # _____

Would you like to support the PLAY Scholarship Program or the Fireworks Fund by including an additional \$2 \$5 \$10 or \$ _____ in your payment?

Participant Waiver: The undersigned fully understands that my child's participation in the above events/classes exposes my child or me to the risk of personal injury or property damage. I hereby acknowledge that participation in these events/classes is voluntary and agree to assume any such risks. Further, in consideration for being permitted to participate in these events/classes, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of Poway from any and all claims, demands, actions or suits arising out of the connection with my child's participation in these events/classes.

Signature _____ Date _____

FOR STAFF ONLY: Entered by: _____ Date: _____